



This program is offered on Tuesday or Thursday evenings from 7:30PM to 8:30PM (unless noted) at the Rec. Center. **Tuesday Zumba is a 5 week session and costs \$50. Thursday Zumba Toning is a 5 week session and costs \$50 (toning sticks for Thursday night will be available for purchase through instructor for \$20).**

ALL CLASSES ARE 7:30 – 8:30 PM IN THE RECREATION CENTER UNLESS NOTED

Jan. 24, 31, Feb. 7, 21, 28

Jan. 26, Feb. 2, 9 at 6:30PM, 16, 23

Please check which session(s) you are registering for: _____ Tuesday Zumba _____ Thursday Zumba/Toning

Name _____ Contact Phone # _____

Address _____ City _____ State _____ Zip _____

E-Mail Address (please print CLEARLY)

Emergency Contact _____ Ph# _____ H / C / W _____

By signing this form, I desire to engage voluntarily in this exercise program being offered by the Middlesex Recreation Department. In consideration of my participation in the exercise classes, I do hereby agree to hold free from any and all liability, the exercise instructors, the sponsoring organization, or the Borough of Middlesex, and do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me arising out of or connected with my participation.

Dates during which release is granted – **FROM: Jan. 1, 2012** **TO: Feb. 29, 2012**

In your best interest, we recommend that you have your physician give approval for you to be a participant in this class.

_____/_____/_____
Participants Signature Date

DO NOT WRITE IN BOX / For Office Use ONLY

ZUMBA & ZUMBA/TONING – Jan./Feb. 2012 SESSION

_____ Tuesday Zumba \$60

_____ Thursday Zumba ton/fus. \$60 RCP'T # _____

_____ Tue & Thur \$110 DATE RCV'D _____